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## Contact Us

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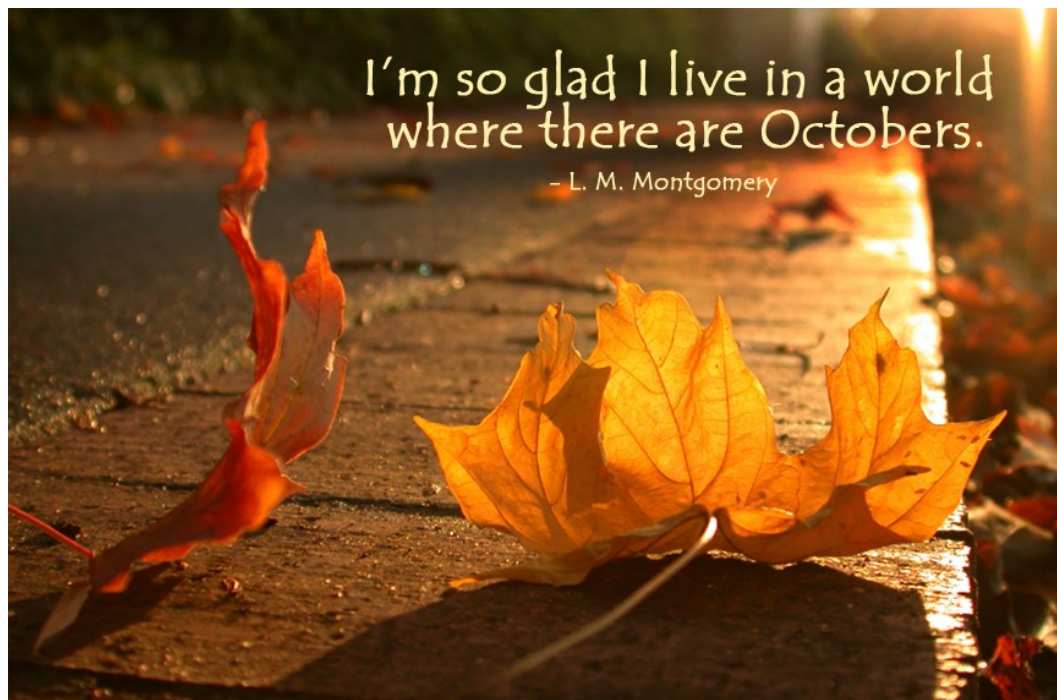
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## Northland Family Help Center Counseling

Northland Family Help Center provides professional counseling services free of charge for eligible individuals and families. Specialties include therapeutic support for adults, teens and children who struggle with the symptoms of trauma. Clients are supported in understanding their symptoms, available resources, developing self-knowledge & belonging, exploring their core values, and defining their own healing and thriving. Many approaches available.

Call **(928) 233-2209** or visit [northlandfamily.org/counseling-services](https://northlandfamily.org/counseling-services) for more information. For immediate support in a crisis, contact the Northern Arizona Community Mental Health Crisis Hotline **1 (877) 756-4090**.

## CFHA Office Hours

**CFHA Offices reopened on June 21, 2021.** We are limiting the number of people allowed in the lobby at any given time. A rack containing Change Reports and Applicant/Tenant Statements is available outside the Main Office, and accessible without entering. If there is a need to copy requested documents please come inside for assistance. If you need to speak to your specialist, but have not been sent an appointment, please call or email the Specialist rather than coming to the office. Recertifications are currently being done remotely. Please do not come to the office if you are experiencing COVID-19 symptoms.

### Office Hours

8:00 am-4:30 pm Monday-Thursday  
 8:00 am-12:00 pm Friday

## Serving on a City Board

If you are interested in advising the City of Flagstaff, consider applying to serve on a commission, board, or committee!



Boards and commissions oversee and inform City agencies and initiatives. You can apply right now at [flagstaff.az.gov/forms.aspx?FID=166](https://flagstaff.az.gov/forms.aspx?FID=166)!

There are currently vacancies on:

- Beautification and Public Art
- Flagstaff Housing Authority Board
- The Library Board
- And more!

## Medical Bill Financial Assistance

Most hospitals are nonprofit organizations and have some charitable mission, including debt forgiveness and financial assistance programs. If you have outstanding medical bills and need assistance paying them, use an internet search engine to search “Hospital Name” and “Financial Assistance” to find the webpage and details for that hospital. You can find information for Flagstaff Medical Center and more at [nahealth.com/billing-insurance/northern-arizona-healthcare's-financial-assistance-program](https://nahealth.com/billing-insurance/northern-arizona-healthcare's-financial-assistance-program).

## Notice: Money Order Receipts

When purchasing a money order to pay rent or work order fees, it is very important that you retain the receipt for the money order and the purchase receipt. Money order receipts are **your record** of the purchase. If a money order itself is lost, the money order and purchase receipts can be used to reclaim the money spent. **When submitting a payment, keep your receipt!**

## You & Your Wallet:

### Using the 50/20/30 Method

In the previous issue, we described how to understand your income and expenses to construct a budget. This issue we are going to look at one type of budget to help with reaching your household goals: The 50/20/30 Method.

*It can be helpful to use a spreadsheet program like Google Sheets, LibreOffice, or Excel; the first two options are free. This is not a recommendation for any specific software product.*

Look at your household income and split this up into smaller pieces:

- 50% of your monthly spending goes to **Essentials** such as rent, utilities, transportation, insurance, medical, and food.
- 20% of your monthly spending goes to **Savings Goals**, including debt repayment.
- 30% of your monthly spending goes toward **Everything Else** such as memberships, gifts, and dining out.
- Assign each expense to a group, total each group, and then divide this value by your total income to determine the percentage breakdown. (Note: 0.30 is 30%, 0.64 is 64%.)



What do your expenses look like compared to the 50/20/30 model? Does anything pop out to you about your spending?

It is important to pay down debts each month if you have them (and count them as savings). You can turn this habit into savings down the road!

To reduce expenses, try:

- Calling your internet and utility company to ask about cheaper plans or other resources. Utility assistance programs can also help.
- Clip coupons and use apps to reduce grocery bills.
- Would dining in, buying basic staples, or using community food resources help?
- Keep reading the newsletter for more tips!

Source: *lifehacker*, [lifehacker.com/how-to-set-up-a-50-20-30-budget-1843889336](https://lifehacker.com/how-to-set-up-a-50-20-30-budget-1843889336).





## Goodwill Workshops

Goodwill of Central & Northern Arizona offers regular workshops to cover computer basics, social skills, and more! If you're on the job search or seeking a promotion, these and other Goodwill One-Stop services can give you the edge you need!

Upcoming workshops include:

### **Digital Literacy Workshop**

October 5, 6, and 7 (Tues., Wed., and Thurs.)

9:30 am-3:30 pm

Virtual from home or at the Flagstaff Career Center, 4308 E Route 66 (Flagstaff Mall)



Register by calling (928) 556-5096 or visiting [goodwillaz.org](http://goodwillaz.org). Registration is required.

Classes cover computer basics, Windows, Internet basics, email, MS Word, MS Excel, MS PowerPoint, Mac, social media, informational literacy, and career search skills.

### **Soft Skills Workshop**

October 14 and 15 (Thurs. and Fri.), 9:30 am-1:00 pm

Virtual from home or at the Flagstaff Career Center, 4308 E Route 66 (Flagstaff Mall)

Day 1 classes include personal skills (The Ideal Team Player) and interpersonal communication skills. Day 2 class includes teamwork and collaboration.

Register by calling (928) 556-5096 or visiting [goodwillaz.org](http://goodwillaz.org). Registration is required.

More information available at [goodwillaz.org](http://goodwillaz.org).

## Prop 207 & Expungement

Do you have a marijuana-related arrest, charge, or conviction on your record? If so, you may be eligible to have that record expunged and sealed from public view. Please contact [azexpunge.org](http://azexpunge.org) for more information. Attorneys are available to help you file for expungement and, in some circumstances, help you from start to finish. Seal your record, wipe out your fines and fees related to the case, and Reclaim Your Future at [azexpunge.org](http://azexpunge.org) or by calling **800-722-4026**.

*Note that CFHA programs are federally funded and therefore follow federal law related to marijuana.*

## 10 Year Housing Plan: 30-Day Public Comment Period

The City of Flagstaff Housing Section is asking all Flagstaff residents to read the Draft 10-Year Housing Plan and assist with prioritizing the policy initiatives and strategies. The Draft 10-Year Housing Plan can be found at [flagstaff.az.gov/4553](http://flagstaff.az.gov/4553). You can also find information there on two online public outreach meetings scheduled for Thursday, October 7 and Wednesday, October 27 at 5:30 pm. .

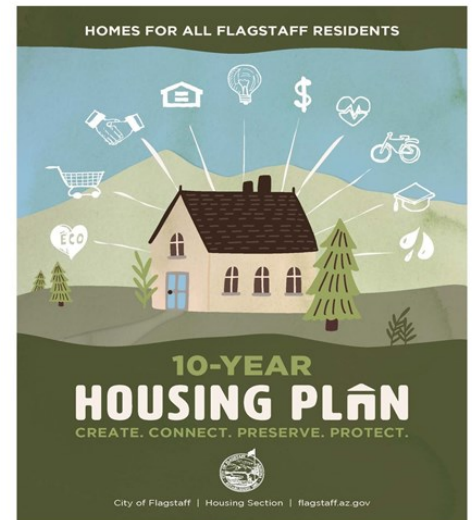
Provide your feedback by participating in the Flagstaff Community Form under the "Draft 10 Year Housing Plan" option at [flagstaff.az.gov/3284](http://flagstaff.az.gov/3284). The survey takes about 15 minutes. Your feedback is appreciated.

This public comment period ends **November 5, 2021**.

When declaring the Housing Emergency, Flagstaff City Council directed staff to create a comprehensive community-facing document to summarize the City's immediate and long-term needs and strategies to improving

housing affordability. This Draft Plan defines the Housing Emergency in Flagstaff and provides policy initiatives and strategies to address it over the next 10 years. The Draft Plan also establishes a goal to substantially increase the number of available and affordable housing options for Flagstaff residents at all income levels and to increase housing subsidies for our neighbors that are unable to afford housing in Flagstaff.

The 10-Year Housing Plan will be presented to Flagstaff City Council for consideration on December 7, 2021. If you have any questions or comments, please email Leah Bloom, Affordable Housing Project Manager, at [LBloom@flagstaffaz.gov](mailto:LBloom@flagstaffaz.gov).



## Recipe: Easy Pizza Rolls

Pizza rolls are a customizable snack, meal, or packable lunch!

### Ingredients, 4 Servings

#### Crust

- 1 & 3/4 cup a.p. flour
- 1/2 Tbsp salt
- 3/4 cups water
- 1 tsp instant yeast
- 1 tsp sugar
- 2 tsp olive oil
- 1/8 tsp salt
- 1 Tbsp olive oil



#### Filling

- |   |                        |
|---|------------------------|
| 1 cup pizza sauce                                 | 1+1/2 cup shred Mozz.  |
| 24 slices mini pepperoni                          | 1/4 c cornmeal         |
| 1 Tbsp olive oil                                  | 2 Tbsp grated Parmesan |
| 1-2 tsp shredded fresh herbs or 1/4 tsp dry herbs |                        |

### Directions

1. Whisk flour and salt in a bowl.
2. Add water, yeast, sugar, and olive oil, then whisk to dissolve.
3. Stir with a rubber spatula until no dry flour is visible, allow rest 10-15 minutes.
4. Knead dough by hand until smooth, 7-10 minutes.
5. Allow dough to rest 1 hour.
6. Preheat oven to 400 F.
7. Transfer dough onto lightly oiled surface, roll out to 10" x 14".
8. Spread pizza sauce, sprinkle with mozzarella, top with pepperoni or other toppings.
9. Tightly roll dough lengthwise, pinch ends.
10. Cut rolled dough into 12 pieces, 1" thick.
11. Dip one side of rolls in cornmeal and place on baking tray. Brush with oil.
12. Bake 20 minutes until golden brown, cool 5-10 minutes, sprinkle with parmesan and herbs. Serve with dipping sauce.

Source: [aheadofthyme.com/pepperoni-pizza-rolls](http://aheadofthyme.com/pepperoni-pizza-rolls)



Tynkertopia, located at 3330 E Elder Drive within Siler Homes offers **free educational programming** for children, youth, and families. Come and explore, discover, build, create, and learn. We are a STEAM (Science, Technology, Engineering, Arts, and Mathematics) Community Center. We focus on developing creativity and inquiry in our visitors. Come explore our workshop, art studio, electronics room, playroom, building hall, ant colony, and more.

Tynkertopia offers free meals to all visitors 18 years and younger. Hours for families with children aged 1 and older are:

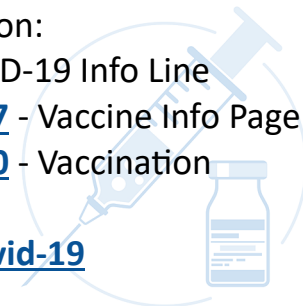
- Tuesday and Thursday: 10 am-6 pm
- Wednesday and Friday: 12-6 pm
- Saturday: 9 am-5 pm

Please come to Tynkertopia to register your child or children so they can take advantage of this outside-of-school learning opportunity. **All children must be registered to participate.**

## COVID-19 Vaccinations & Info

For vaccination information:

- [\(928\) 679-7300](tel:9286797300) - COVID-19 Info Line
- [Coconino.az.gov/2547](http://Coconino.az.gov/2547) - Vaccine Info Page
- [Coconino.az.gov/2580](http://Coconino.az.gov/2580) - Vaccination Locations
- [CDC.gov/vaccines/covid-19](http://CDC.gov/vaccines/covid-19)



## Your Story Could be Featured in the next Newsletter!

If you have news of accomplishments, original artwork, poetry, community group news, recipes, or if you just want to see something specific in the next newsletter, we want to hear from you! Send Caleb your stories or suggestions and they may be featured in the next newsletter!

Stop by the Siler Homes office, email [caleb.alexander@flagstaffaz.gov](mailto:caleb.alexander@flagstaffaz.gov), or call (928) 213-2738.

